

Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032 Phone: 703-503 8703, TTY 711



www.fairfaxcounty.gov/ncs

Operating Hours Monday - Friday 9 a.m. - 4 p.m.

Business Hours Monday - Friday 8 a.m. - 4 p.m.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

August 2016

Programs			
Program	When	Time	Description
Open Computer Lab	Daily	9 a.m. to 4 p.m.	Open computer lab
Exercise Equipment	Daily	9 a.m. to 4 p.m.	Variety of exercise equipment
Kings in the Corner	Daily	10 a.m.	Card game
Group Activity/Group Discussion	Daily	10:15 a.m.	Group discussion or group game.
Lunch	Daily	Noon	Meals are prepared at a high school and delivered daily. Must preorder one day in advance.
Group Activity/Group Discussion	Daily	1 p.m.	Group discussion or group game.
Chair Exercise	Daily	11 a.m.	Instructor led(M,W,F) seated exercises. Video led on (T, TH)
Chair Exercise Video	Daily	3 p.m.	Video led seated exercises.
Creative Crafters	Monday	10 a.m. to noon	Create your favorite craft with any type of materials.
Computer Help w/Nick	Monday	10 a.m. to noon	Basic computer help
Basic Chinese (Mandarin) w/Rebekah	Monday	1 p.m.	Participants can learn and practice basic skills to speak Chinese.
Computer Help w/Dan	Tuesday	10 a.m. to noon	Basic computer help
English Conversation w/Claudia	Tuesday	10 to 11 a.m.	Learn English grammar, words and phrases.
English Conversation w/Linda	Tuesday	11 a.m. to noon	Learn English grammar, words and phrases. No Summer class. To resume in September.
Mahjong	Tuesday	11:30 a.m.	A social Chinese tile game
Afternoon Tea	Tuesday	1 p.m.	Join us for tea and discussion.
LRG Chorus	Tuesday	1 p.m.	Sing songs in a group. Learn songs for a concert performance.
Knit & Crochet Club	Tuesday	2 p.m.	All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns.
Current Events w/Claudia	Tuesday	2:15 p.m.	Come join the current events group to discuss the current things are in the news and share your thoughts
Open Art Studio	Wednesday	9 a.m. to noon	Participants learn from each other craft ideas or projects, and help each other learn different skills.
Computer Help w/Cheryl	Wednesday	10 a.m. to 2 p.m.	Basic computer help
Intermediate Tap B	Wednesday	10 a.m.	Practice choreographed dances to perform at various locations in the county.
Rummikub	Wednesday	10 a.m.	A social American tile game
Spanish Class	Wednesday	10:15 a.m.	Spanish Advanced
Intermediate Tap A	Wednesday	11 a.m.	Practice choreographed dances to perform at various locations in the county.
Tai Chi Practice Club	Wednesday	1 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Tai Chi Practice Club	Wednesday	2 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.
Computer Help w/Jeanne	Thursday	10 a.m.	Basic computer help
Italian Conversation (ACE class)	Thursday	Noon	Italian Conversation is an ACE class. No Summer class. To resume in September.
Spanish Class	Thursday	12:30 p.m.	Spanish for Beginners
English Conversation w/Claudia	Thursday	1:30 p.m.	Learn English grammar, words and phrases.
Guitar Class	Thursday	2:20 p.m.	Participants can practice basic skills to play guitar.
Dresses for Children in Africa	Friday	12:45 p.m.	Cutting and sewing material to make dresses for children in Africa.
Bingo	Friday	12:50 p.m.	Interact socially in a mildly competitive environment.
Fee Based Classes			
Class	When	Time	Description
Yoga I	Monday	8:50 a.m.	Yoga using floor mats.
Zumba w/Millette	Monday	10:15 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.
Gentle Yoga	Monday	10:10 a.m.	Yoga in a chair.
Line Dance	Monday	1 p.m.	Beginner line dancing class.
Zumba Gold w/Millette	Wednesday	10:15 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.
Yoga I	Thursday	8:50 a.m.	Yoga using floor mats.
Gentle Yoga	Thursday	10:10 a.m.	Yoga in a chair.
Piano Lessons	Thursday	9 to 10:45 a.m.	Play and listen to music. Learn new concepts. (15 minutes per student)
Voice Class	Thursday	11 a.m.	Rehearse songs, focusing on specific techniques needed in each song.

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Line Dance	Friday	10 to 11:30 a.m.	Beginner line dancing class.
Special Events/Trips			
Event/Trip	When	Time	Description
Walmart/Target, Fair Lakes	Thursday, August 4	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Wegmans, Fairfax	Thursday, August 11	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Walmart/Target, Fair Lakes	Thursday, August 18	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Shoppers, Fair City Mall	Thursday, August 25	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Community Meeting			
Community Meeting	When	Time	Description
Celebrate August Birthdays w/Aaron	Wednesday, August 17	1 p.m.	Come dance and celebrate all August birthdays. Enjoy a piece of cake too!
Show & Tell w/Lougenia Carnell	Monday, August 15	1 p.m.	Come see what is next to be shared. Bring your own story or item to share with the group.
Great Decisions: Migration	TBA	TBA	Come watch a film on current event topics and have a discussion.
Advisory Council Meeting	Tuesday, August 23	11 a.m.	Monthly Advisory Council Meeting, public is welcome to attend and listen.